

# March 2026

# Rockwood Elementary Menu

## Monday

**2**  
Cinnamon Glazed French Toast Sticks \*\*\*\*\*  
Mini Cheese Pizza Bagels  
Italian Roasted Baby Carrots  
Chilled Diced Apricots  
Choice of Cold Milk




**9**  
Breakfast Pizza \*\*\*\*\*  
**National Meatball Day!**  
Spaghetti & Meatballs w/ Garlic Toast  
Seasoned Green Beans  
Cinnamon Diced Pears  
Choice of Cold Milk

## Tuesday


**3**  
Fruit & Yogurt Smoothie w/ Graham Crackers \*\*\*\*\*  
Mini Corn Dogs  
Bush's Baked Beans  
Frosty Peach Cup  
Choice of Cold Milk  
**Try it Tuesday!**  
Roasted Brussels Sprouts



**10**  
Scrambled Eggs w/ Biscuit \*\*\*\*\*  
**Breakfast for Lunch!**  
Cinnamon Glazed French Toast Sticks w/ Sausage Links   
Sweet Potato Fries  
Bananarama  
Choice of Cold Milk

## Wednesday

**4**  
Strawberry Pancake Puffs \*\*\*\*\*  
Popcorn Chicken Smackers w/ Warm Breadstick  
Mashed Potatoes w/ Gravy  
Vine-Ripened Grapes  
Choice of Cold Milk

**11**  
Cinnamon Breakfast Cake w/ Yogurt \*\*\*\*\*  
**Johnny Appleseed Day!**  
Restaurant Pizza   
Sweet Corn  
Fresh Apple Slices  
Choice of Cold Milk

## Thursday

**5**  
Chicken Breakfast Bowl \*\*\*\*\*  
Chicken Alfredo Pasta w/ Garlic Toast  
Parmesan Roasted Broccoli  
Orange Wedges  
Choice of Cold Milk



**12**  
Pillsbury Mini Cinnis \*\*\*\*\*  
Grilled Cheese Sandwich w/ Creamy Tomato Soup  
Frosty Strawberry Cup  
Choice of Cold Milk

## Friday

**6**  
Glazed Donut Holes w/ Yogurt \*\*\*\*\*  
Toasted Cheese Ravioli w/ Marinara Sauce  
Roasted Brussels Sprouts  
Sweet Dried Cherries  
Choice of Cold Milk

**13**  
NO SCHOOL

**16** **17** **18** **19** **20**

# SPRING BREAK



**23**  
Eggo Froot Loops Waffles \*\*\*\*\*  
4x6 Cheese or Pepperoni Pizza  
Buttery Carrots  
Icy Blueberries  
Choice of Cold Milk

**24**  
Egg & Cheese Biscuit Sandwich \*\*\*\*\*  
Mandarin Orange Chicken w/ Fluffy Rice  
Steamed Broccoli  
Tropical Mixed Fruit  
Fortune Cookie  
Choice of Cold Milk.

**25**  
Fluffy Pancake w/ Sausage Patty   
\*\*\*\*\*  
Crispy Chicken Sandwich  
Seasoned Crinkle Fries  
Vine-Ripened Grapes  
Choice of Cold Milk

**26**  
**National Spinach Day!**  
The Hulk Smoothie w/ Graham Crackers  
**Cardinals Home Opener!**  
Hot Dog on Bun   
Bush's Baked Beans  
Strawberry Fruit Wiggles  
Choice of Cold Milk  
**\* Strawberry Spinach Salad\***

**27**  
Warm Cinnamon Roll \*\*\*\*\*  
Breaded Mozzarella Sticks w/ Marinara Sauce  
Italian Sweet Peas  
Chilled Applesauce  
Choice of Cold Milk

**30**  
Chocolate Chip UBR \*\*\*\*\*  
**Breakfast for Lunch!**  
Crispy Chicken Biscuit Sandwich  
Sweet Potato Fries  
Fruit Salad Mix Up  
Choice of Cold Milk

**31**  
Egg & Cheese Bagelicious \*\*\*\*\*  
**National Tater Day!**  
Pulled Turkey Roast w/ Warm Breadstick  
Cheesy Potato Casserole  
Frosty Strawberry Cup  
Choice of Cold Milk

## Did you know?

Eating a balanced breakfast with **whole grains, protein, fruit, and milk** helps fuel your brain and body for learning, playing, and growing! We are highlighting the importance of breakfast during National School Breakfast Week, March 2-6!



## MEAL PRICES

Milk	\$0.85
Student Breakfast	\$2.10
Student Lunch	\$3.60
Adult Breakfast	\$2.50
Adult Lunch	\$4.45

Prepay your child's meal account online using

[www.myschoolbucks.com](http://www.myschoolbucks.com)

**Helpful hint:** Deposit \$57.60 for school lunches in March.

**Breakfast includes** the menued item; Or 4 oz Yogurt & Graham Cracker; Or Choice of Cereal & Graham Cracker. Each breakfast is served with fruit/veggie and/or 100% juice and milk.

### Alternate Entrées Available Daily

- \* Grilled Cheese Pretzel
- \* Deli Turkey Sandwich
- \* Sunbutter & Jelly Sandwich
- \* Chef Salad w/Crackers

### Snack Pack Options Available Daily

- Monday**—Soft Pretzel
- Tuesday**—Cereal & Dick & Jane Nutrition Grahams
- Wednesday**—Whole Grain Muffin & Goldfish Pretzels
- Thursday**—Scooby Grahams & Pizza Crackers
- Friday**—Mini Confetti Pancakes


Served with choice of Cheese Stick, Yogurt, Sunflower Seeds, Chocolate Chickpea Spread, or Hard Boiled Egg. Cheese sauce cup offered on Mondays with Soft Pretzel.

**Daily fruit choices may include:** Fresh, frozen, dried, canned (in juice or light syrup) or 100% juice.

**Daily milk choices include:** Prairie Farms Skim and 1% White, 1% Chocolate, 1% Strawberry

**Variety of fresh vegetables offered daily.**

**Rockwood is not peanut free.**

 Indicates a pork product.

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE